



## Oral Appliances for the Treatment of Snoring and Obstructive Sleep Apnea

Dr. Alan Lowe

### COURSE DESCRIPTION:

Oral appliances are indicated for use in patients with primary snoring or mild to moderate obstructive sleep apnea and in patients who are intolerant of, or refuse, nasal continuous positive airway pressure. At present, more than 100 appliances are available on the market but only six have been adequately evaluated in randomized clinical trials. Recent research findings have significantly increased our knowledge of when oral appliances should be used and which appliances are best suited for specific patients. Results from recent randomized control clinical trials that compare the subjective and objective efficacy of specific adjustable oral appliances and nasal continuous positive airway pressure will be discussed. The indications, contraindications, advantages, disadvantages and side effects of the currently available oral appliances used in the field will be described in detail. Particular emphasis will be placed on the interaction with the attending physician or sleep specialist and the detailed dental clinical protocols and procedures involved.

### CLINICIAN:

**Dr. Alan A. Lowe DMD, Dip Orthodont, PhD, FRCD(C), FACD** is Professor and Chair of the Division of Orthodontics in the Faculty of Dentistry at The University of British Columbia and has maintained an orthodontic practice for the past 35 years. His extensive research contributions on the use of oral appliances for the treatment of snoring and Obstructive Sleep Apnea and their effects on airway size and tongue muscle activity have been recognized worldwide. In addition, he holds Canadian, USA and worldwide independent patents for three technologies related to his research endeavours.

### TUITION:

|                              | Before Apr. 1 | After Apr. 1 |
|------------------------------|---------------|--------------|
| Dentists:                    | \$260         | \$280        |
| Dental Hygienists:           | \$150         | \$165        |
| Dental Technicians:          | \$150         | \$165        |
| Certified Dental Assistants: | \$135         | \$150        |

Includes: continental breakfast, lunch and course materials.

### TIMES:

|                      |         |
|----------------------|---------|
| Registration starts: | 8:30 am |
| Course commences:    | 9:00 am |

### 6 hours of instruction

### LOCATION:

Lecture Hall #6,  
Instructional Resources  
Centre (IRC), UBC

A portion of this program is being generously sponsored by unrestricted educational grants from Aurum Group of Companies.

### REGISTRATION APPLICATION

#### Oral Appliances for the Treatment of Snoring and Obstructive Sleep Apnea Saturday, April 21, 2012

| TUITION:  | until April 1 | after April 1 |
|---|---------------|---------------|
| <input type="checkbox"/> Dentists:                    | \$260         | \$280         |
| <input type="checkbox"/> Dental Hygienists:           | \$150         | \$165         |
| <input type="checkbox"/> Dental Technicians:          | \$150         | \$165         |
| <input type="checkbox"/> Certified Dental Assistants: | \$135         | \$150         |

Continental Breakfast and Luncheon included.

Continuing Dental Education at the University of British Columbia designates this activity for 6 continuing education hours.



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### PLEASE TYPE OR PRINT CLEARLY

D E 9331

- Dr.  
 Mr.  
 Ms.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initials \_\_\_\_\_

Mailing Address \_\_\_\_\_

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Daytime Telephone Number \_\_\_\_\_ Fax No. \_\_\_\_\_

Email Address \_\_\_\_\_

BC College No. \_\_\_\_\_ Year of Grad \_\_\_\_\_

**Payment by Cheque:** Please make cheque payable to **The University of British Columbia** and forward to the following address: **Registration, Continuing Dental Education** The University of British Columbia, #105 - 2194 Health Sciences Mall, Vancouver, BC V6T 1Z3.

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Go to [www.dentistry.ubc.ca](http://www.dentistry.ubc.ca), click on "Continuing Education" & "Register for a Course"

#### To register by phone:

Local Calls 604-822-6156 or Long Distance (Toll Free) 1-877-328-7744